

# Pulses of Life Cooking Class

## The Versatile Soybean

The soybean and soy plant is cultivated for its many uses and is known as a “wonder crop.” Soybeans are rich in protein; containing twice as much as meat, four times as much as eggs and twelve more times as much as milk. They are a source of essential unsaturated fats. Soybeans are both economical and highly versatile in cooking. They can be made into milk, tofu, ground as flour to be added to breads, boiled or sprouted.

### SOY MILK

#### PREPARING THE SOYBEANS

Place half a cup of dried soybeans in a saucepan filled with water and leave to soak overnight. Discard the water then rinse the beans in cold water.

Boil the beans for 5 minutes in 3 cups of water. Discard this water.

#### MAKING THE SOYMILK

- ▶ 1 cup pre-soaked and parboiled soybeans
- ▶ 2 cups water

#### METHOD

1. Blend the beans and water until very smooth.
2. Strain the mixture through a dense fabric
3. Bring the milk to a boil then simmer for 30-40 minutes.
4. Cool and use as required

### SOY MAYONNAISE

#### INGREDIENTS

- ▶ 1 cup soy milk
- ▶ 1 cup hot mashed potatoes

- ▶ 1 or 2 cloves of garlic
- ▶ 1 teaspoon salt
- ▶ 2 Tablespoon lemon juice
- ▶ 50 ml vegetable oil

## **METHOD**

Blend together until very smooth.

## **SOY MILK SHAKE**

### **INGREDIENTS**

- ▶ 2 cups soy milk
- ▶ A pinch of salt
- ▶ Honey to taste
- ▶ 2 tablespoons of a fruit jam or fresh fruits as desired.

### **METHOD**

1. Blend together until smooth
2. Serve immediately

## **TOFU**

Makes approximately 300g of tofu

### **INGREDIENTS**

- ▶ 1 cup pre-soaked and parboiled soybeans
- ▶ 3 cups water
- ▶ Juice from half a lemon
- ▶ ½ tsp salt (optional)

### **METHOD**

1. Blend the soybeans and water until very smooth.
2. Strain the mixture to through a very dense fabric to produce a smooth milk

3. Bring the milk to a boil and simmer for 20-30 minutes
4. Remove from the heat.
5. Cut in the lemon juice and stir gently.
6. Leave the mixture to rest for 5 minutes to allow the milk to curdle.
7. Strain the mixture through a dense fabric and mix in the salt.
8. Allow this to drain completely. A plate with a heavy weight can be used to make a firmer tofu.

## TOFU SPREAD

### INGREDIENTS

- ▶ 200g tofu
- ▶ 70g chopped walnuts
- ▶ 2-3 cloves of garlic
- ▶ 1-3 tomato juice
- ▶ 1 tsp salt
- ▶ ¾ tsp coriander

### METHOD

1. Add all ingredients to a bowl and mix together.
2. Use as a spread for sandwiches or with crackers

### Prayer:

For food in a world where many walk in hunger;  
For faith in a world where many walk in fear;  
For friends in a world where many walk alone;  
We give you thanks, O Lord.